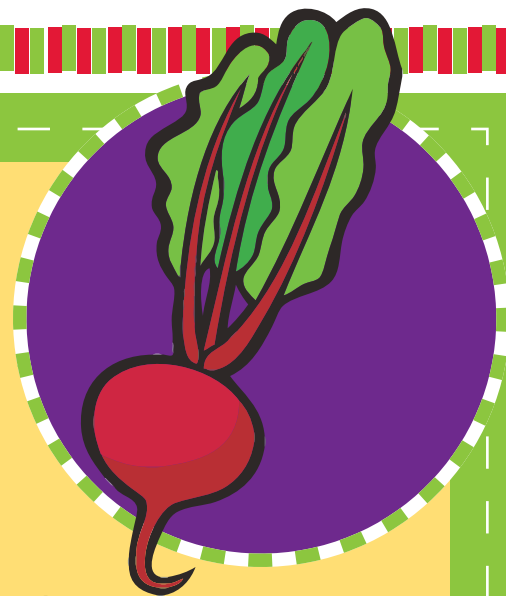


# In Season:



## Beet!



### NUTRIENTS IN BEETS:

Vitamins: C and folate; potassium.

### SELECTION:

Choose beets with firm, smooth skins and non-wilted leaves if still attached. Smaller ones are more tender.

### STORAGE:

Remove leaves, leaving about an inch of the stems. Store roots in a plastic bag in refrigerator for up to 3 weeks. Use leaves as greens, either raw or cooked.

### QUICK FIX TIPS:

- Cook beets in boiling water that contains lemon juice and salt. When tender, drain water, remove skins, and slice the beet. Season and serve as a side dish.
- Add chunks of raw beets to a vegetable medley and roast in the oven until tender and browned.
- Drain canned beets, slice, and add to a green salad topped with grated cheese.



## Technicolor Vegetable Sauté

**Prep Time:** 25 Minutes

**Serves:** 4

### Ingredients:

- 1 large red beet, peeled and diced into 1" pieces
- 1 cup baby carrots, scrubbed
- 1½ cups pattypan squash, ends removed, cut into thin wedges
- 1½ cups green beans cut in 2½" pieces
- Butter-flavor cooking spray
- 2 tbsp orange juice concentrate
- ½ tsp dry thyme leaves
- ¼ tsp garlic powder
- 1 cup black olives, pitted

**Cups of Fruits and Vegetables per Serving:** 1  
**Preparation:**

1. Steam beets for about 5 minutes, until crisp tender. Set aside.
2. Steam carrots and squash for about 3-4 minutes. Add green beans and continue steaming just until crisp tender.
3. Coat large nonstick skillet with cooking spray.
4. Add orange juice concentrate, thyme, garlic powder, and olives and heat over MEDIUM-HIGH heat.
5. Stir in carrot mixture and heat through; sprinkle with beets and serve.



### Nutritional Information per Serving:

Calories:105; Total Fat:4.4g; Dietary Fiber:5g; Sodium:330mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



Your Logo Here